




# Eastern Nebraska Office on Aging

## Deli Meals January 2022

Monday 1/3/2022	Tuesday 1/4/2022	Wednesday 1/5/2022	Thursday 1/6/2022	Friday 1/7/2022
Three Meat Hoagie Turkey, Ham, Roast Beef & American Cheese on Wheat Hoagie Bun w/ Leaf Lettuce & Tomato Coleslaw Banana or Diet Pudding 1% or Skim Milk	Pecan Cranberry Chicken Salad with Grapes on Cinnamon Raisin Bread Marinated Vegetable Salad Mandarin Oranges 1% or Skim Milk	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Fruit Punch Juice Sugar or Diet Cookie 1% or Skim Milk	Creamy Cheese Tortellini over Romaine Blend Salad w/ Grape Tomatoes & Black Olives Crackers (2pk) Fruit Cocktail 1% or Skim Milk	Teriyaki Chicken Strips Shredded Carrots & Chow Mein Noodles over Salad Mix with Asian Dressing Crackers (2pk) 100% Apple Juice Diced Pears 1% or Skim Milk
Monday 1/10/2022	Tuesday 1/11/2022	Wednesday 1/12/2022	Thursday 1/13/2022	Friday 1/14/2022
Egg Salad on Croissant w/ Lettuce & Tomato Three Bean Salad Glazed Pineapple or Plain Pineapple 1% or Skim Milk	BLT Salad Chopped Bacon, Dice Tomato & Romaine Lettuce Blend Housemade Croutons 100% Grape Juice Cherry Vanilla Yogurt PC or Diet Pudding 1% or Skim Milk	Classic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Apple Juice Birthday Cake or Plain Cake 1% Milk	Chicken Pasta Salad over Romaine Blend Salad Tomato Wedges Housemade Croutons Ambrosia Salad 1% or Skim Milk	Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Romaine Blend w/ Greek Feta Dressing Crackers (2pk) 100% Fruit Punch Juice Apricot Halves 1% or Skim Milk
Monday 1/17/2022	Tuesday 1/18/2022	Wednesday 1/19/2022	Thursday 1/20/2022	Friday 1/21/2022
 <b>Senior Center Closed</b>	Roast Beef & Swiss on Marble Bread w/ Lettuce & Tomato Coleslaw Applesauce 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Fruit Punch Juice Applesauce 1% or Skim Milk	Sliced Ham & American on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Oatmeal Raisin Cookie or Diet Cookie 1% or Skim Milk	Turkey & Cheddar with Leaf Lettuce & Tomato on 1/2 Ciabatta Marinated Vegetable Salad Strawberry Shortcake or Plain Cake Square 1% or Skim Milk
Monday 1/24/2022	Tuesday 1/25/2022	Wednesday 1/26/2022	Thursday 1/27/2022	Friday 1/28/2022
Chicken Caesar Salad w/ Caesar Dressing Housemade Croutons Romaine Lettuce Blend 100% Grape Juice Fresh Orange 1% Milk	Deli Chicken & American Cheese on Marble Bread w/ Lettuce & Tomato Carrot Raisin Salad Lemon Pudding or Diet Pudding 1% or Skim Milk	Ham & American Cheese on WG Bread w/ Lettuce & Tomato Potato Salad Glazed Pineapple or Plain Pineapple 1% or Skim Milk	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Apple Juice Cherry Cobbler or Pear Slices 1% or Skim Milk	Ham Chef Salad Diced Ham, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Tropical Fruit 1% or Skim Milk
Monday 1/31/2022				

\*Salad dressing and Condiments available at senior centers

Menus subject to change